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A CULINARY CORMUCOPIA

This recipe booklet is a collection of favorite recipes contributed by women living in Abadan and Khorramshahr. Sponsored by the Overseas Women's Auxiliary in co-operation with the Iranian Women's High Council, this booklet will be used to make money for the construction of a nursery school and creche in Abadan, Iran.

Sandra Boyaert

Marcia Cox (Cover design)

Geri Jonish

Joan Ratcliffe

Nora Verrijn Stuart

NIPPI COCKTAIL CHEESE SPREAD

1 lb. grated cheddar cheese
2 tsp. dry mustard
 $\frac{1}{2}$ tsp. Tabasco
1 tsp. Worcestershire
1 oz. anchovy paste
1 tsp. chicken broth
 $\frac{1}{2}$ pint yellow food coloring
 $\frac{1}{2}$ pint sour cream or 8 oz. Nestle's
cream mixed with 2 Tbs. lemon juice
1 oz. sherry
1 tsp. monosodium glutamate
1 tsp. garlic powder.
6 oz. stale beer
Mix all ingredients except beer. Whip
hard for 7 minutes. Add beer and whip
for 5 more minutes.
Serve on Ritz crackers, saltines,
or toast squares or spread on celery
or pickles.

HOT TUNA SNACKS

1 7 oz. can tuna
 $\frac{3}{4}$ cup soft bread crumbs
2 Tbs. minced onion
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
 $\frac{1}{8}$ tsp. oregano
 $\frac{1}{4}$ cup mayonnaise
 $\frac{1}{4}$ cup grated cheddar cheese
1 tsp. lemon juice
fine cornflake crumbs

Drain oil and all juice from tuna into
mixing bowl. Add the soft bread crumbs
and mix well. Mix in the onion, salt,
pepper, oregano, mayonnaise, cheese and
lemon juice. Chill an hour if you wish.
Shape by teaspoonful into 1 inch balls.
Roll these in cornflakes to coat. Place
on foil-lined baking sheet and bake at
375 for 10 minutes. Makes $2\frac{1}{2}$ dozen.

Gladys Kimm

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Mary Saylor

STUFFED TOMATOES

Cut 5 medium tomatoes in half and remove
the insides.
Mix: 8 oz. cream cheese, softened
2 Tbs. bleu cheese
4 Tbs. finely chopped onion
Stuff each tomato with the cheese
mixture. Garnish with a ripe olive.

Sarita Tomchinsky

TUNA DIP

Drain the oil from 2 7oz. cans of tuna.
Beat the oil into $\frac{1}{2}$ c. mayonnaise. Blend
in 2 Tbs. chili sauce or catsup, 2 tsp.
horseradish, 1 Tbs. lemon juice and $\frac{1}{2}$ tsp.
Worcestershire sauce. Heap mixture in bowl
and chill. Serve on a large plate surround-
ed with cucumber sticks, celery strips,
radishes, cauliflower flowerettes, or other
finger food vegetables.

Mary Saylor

HOT SAVORY HORS D'OEUVRES

1 can spam, grated
2 small onions, grated
1 pkg. cheddar cheese, grated
Mix the above ingredients and spread
on small rounds of bread. Place in
broiler until slightly browned.

Lenore Blessinger

STUFFED VOL'AU VENT

Partially thaw 1 pkg. vol'au vent. Then
place on cookie sheet in hot oven 450
for about 15 min. Remove and cool.
Remove center portion and fill with:
(1) $\frac{1}{2}$ pkg. cream cheese, combined with
 $\frac{1}{2}$ cup diced, well-drained
pineapple
or (2) $\frac{1}{2}$ pkg. cream cheese combined with
 $\frac{1}{2}$ cup shrimp and seasoning to
taste

Irene Smale

CHUTNEY

1 lb. dried apricots
1 lb. raisins
3 medium onions
2 Tbs. ground almonds
1 Tbs. cayenne pepper
 $\frac{1}{2}$ cup chili peppers, pounded and sifted
1 clove garlic, minced
2 Tbs. ground ginger
1 qt. vinegar

Soak apricots overnight. Boil until soft. Chop raisins very fine. Parboil onions. Combine apricots, raisins, onions, add remaining ingredients. Salt to taste. Boil until ingredients have "Melted" into smooth thick paste. This takes about $\frac{1}{2}$ hr. Mixture must be stirred during the boiling.

Anna Jones

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MUSTARD PICKLES

24 cucumbers
3 green sweet peppers
5 dry onions
Slice all quite thin and soak overnight in cold salt water; about $\frac{1}{4}$ cup salt and water to cover.
Combine the following:
2 tsp. salt 1 tsp. dry mustard
2 cups sugar 1 tsp. cinnamon
1 tsp. ginger 2 tsp. celery seed
2 tsp. turmeric $\frac{1}{2}$ tsp. paprika
 $\frac{1}{2}$ cup flour
Add:
3 cups vinegar and 1 cup water
Cook dressing to a boil; add cucumbers, peppers and onions and let simmer a few minutes. Pour into hot jars.

Edith Gaines

SCOTCH BROTH

Soak overnight: 2 Tbs. barley, 2 Tbs. lentils, and 2 Tbs. beans, any kind.
Dice $\frac{1}{4}$ kilo mutton and brown in skillet.
Add meat and bone to:
2 qts. water
1 diced onion
2 tsp. salt
pinch pepper
 $\frac{1}{4}$ tsp. garlic salt
 $\frac{1}{2}$ tsp. paprika.
Simmer 2 hours. Cool, skim, and remove bone.
Add 1 turnip, diced; 2 carrots, diced; and $\frac{1}{2}$ dozen sliced spring onions. Drain barley, lentils, and beans and add all to broth with one stalk chopped celery.
Simmer all ingredients together $\frac{1}{2}$ hour.

DUTCH PEA SOUP

500 grams split peas
500 grams onions, peeled and chopped
250-300 grams celery, diced
250 grams salt pork, in one piece
250 grams pigs' trotters, split lengthways
Rinse the peas to remove dust or dirt.
Soak overnight in $3\frac{1}{2}$ liters cold water.
Add other ingredients and a dessertspoon of salt. Bring to the boil and boil gently for one hour; then lower heat and simmer for another 2-3 hours until meat almost falls from the bones. Permit to cool, preferably to freeze overnight.
Warm up slowly next day. When hot remove meat to warmed plate and slice pork.
Serve soup in bowls. Have sliced sweet rye bread, farm butter, and French or Dutch mustard with the meat on top and eat with the soup.

Betty McDonald

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Mrs. Byvoet

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FROZEN CREAM CHEESE SALAD

1 #2½ can pineapple chunks
4 Tbs. powdered sugar
1 pkg. cream cheese
3/4 cup mayonnaise
1 pkg. cream whip
1 bottle maraschino cherries, cut up

Add sugar to drained pineapple and cherries. Mash cream cheese with a fork and add mayonnaise. Add fruit mixture to cheese mixture. Whip cream and fold into mixture. Put in 2 refrigerator trays or 8" ring mold and freeze. Serve frozen.

Audrey Peterson

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PINEAPPLE, CHEESE AND LETTUCE COCKTAIL

Allow 1 Tbs. chopped pineapple
1/2 oz. grated cheddar cheese
3/4 tsp. salad dressing
for each small cocktail glass.

Line the glasses with small pieces of lettuce, drop in the pineapple; then top with the cheese and dressing. Garnish with a sprig of parsley. Chill if possible.

Joan Brook

BOILED SALAD DRESSING

1 tsp. flour	1 egg
1 tsp. salt	1 cup water
2 tsp. mustard	1/3 cup vinegar
4 Tbs. sugar	

Mix dry ingredients. Beat egg and add to dry ingredients. Add water and vinegar, mix well. Bring to the boil, stirring all the time. Boil for about 2 minutes.

MAYONNAISE

1 tsp. salt	2 Tbs. vinegar
1/2 tsp. dry mustard	2 cups salad oil
1/4 tsp. paprika	2 Tbs. lemon juice
dash cayenne	1 Tbs. hot water
2 eggs	

Mix dry ingredients; add egg yolks and blend. Add vinegar and mix well. Add salad oil, 1 tsp. at a time, beating with a rotary beater, till $\frac{1}{4}$ cup has been added. Add remaining oil in increasing amounts, alternating last $\frac{1}{2}$ cup with lemon juice. Beat in hot water; this takes away oily appearance.

Makes 2 cups

Joan Brook

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Pat Forner

PLAIN PANCAKES

2 cups sifted flour	2 eggs
6 tsp. baking powder	2 cups milk
1/4 cup sugar	1/3 cup Wesson oil
1 tsp. salt	

Sift together flour, baking powder, sugar and salt. Beat eggs, stir in milk and **Wesson**. Add dry ingredients, beat to smooth batter. Drop by Tbs. onto hot, ungreased griddle. Bake until under side is golden brown and bubbles appear on surface; turn and bake other side. Serve with butter, syrup, or cinnamon and sugar.

If desired, add 1 cup pared, chopped raw apples to batter. Makes 20 3 inch cakes.

Irene Sohaney

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POE YONG HAY (Chinese Omelette)

Mix 6 slightly beaten eggs, 6 Tbs. milk, 1 can crabmeat, handful boiled peas, some sliced ham, sliced mushrooms, and 1 cup finely chopped celery leaves. Season with salt and pepper and then cook in large skillet. Cover the cooked omelette with this sauce: Fry 4 large sliced onions and 4 Tbs. finely sliced carrots in 4 Tbs. butter until cooked; add 3 tsp. ginger. Next burn 10 Tbs. sugar until melted, add 3 cups boiling water and stir until smooth. Pour into carrot mixture. Thicken with 2 Tbs. cornstarch dissolved in some water. Bring to the boil. Add 2 Tbs. catsup and some vinegar. Simmer until carrots are done. Season with salt and pepper. Place omelette with sauce on a warm dish.

Hans Hammacher

SOONES

4 oz. flour	1/4 tsp. baking soda
1 oz. butter	1 egg
1 Tbs. Castor sugar	a little milk
1/2 tsp. cream of tartar	

Rub the butter lightly into the flour, and add the other dry ingredients. Beat and stir in the egg, adding milk to make a light dough. Roll out thin, cut into small rounds and bake in a sharp oven (Gas #6) for approximately 12 minutes. When cool, split and butter.

If desired, currants may be added to the dough, or sultanas if available.

WELSH CAKES

1 lb. self-raising flour	1 lb. self-raising flour
8 oz. butter	8 oz. butter
6 oz. Castor sugar	6 oz. Castor sugar
3 oz. currants	3 oz. currants
3 oz. sultanas	3 oz. sultanas
2 eggs	2 eggs

Sift flour into mixing bowl. Rub in butter. Finely stir in salt, sugar, and fruit. Make well in the centre of mixture and add beaten eggs. Mix to fairly soft, but not sticky dough, adding a little milk if necessary. Turn out onto a floured board and knead lightly until free from cracks. Roll mixture to $\frac{1}{4}$ inch thickness and cut into rounds with a cutter. Place on greased hot griddle or heavy frying pan and cook over low heat for about 5 minutes, until golden on both sides.

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Joan Ratcliff

Anita Boynton

RICE WITH MUSHROOMS

1 cup rice	2 Tbs. chopped onion
1 cup chopped tomato	1 Tbs. chopped green pepper
8 oz. canned mushrooms, sliced	3 Tbs. fat
1/2 cup chopped onion	3 Tbs. flour
1/2 cup butter	1 tsp. salt
3 cups chicken broth	pepper
2 tsp. salt	1 pimento
1/8 tsp. Pepper	1/2 tsp. paprika
1 cup cooked green peas	1 cup top milk
1/4 cup grated Parmesan cheese	1/2 cup bean liquor (if tinned beans are used) or 1/2 cup water

In a large skillet, cook rice, tomatoes, and mushrooms in butter for about 10 mins. stirring occasionally. Add broth and seasonings; mix well. Cover and simmer about 45 minutes or until rice is tender and liquid is absorbed. Stir in peas. Heat. Sprinkle with cheese. **Serves 6**

2 Tbs. chopped onion
1 Tbs. chopped green pepper
3 Tbs. fat
3 Tbs. flour
1 tsp. salt
pepper
1 pimento
1/2 tsp. paprika
1 cup top milk
1/2 cup bean liquor (if tinned beans are used) or 1/2 cup water
1/4 cup grated American cheese
2 cups hot cooked beans.
Cook onion and green pepper in hot fat until onion is golden. Add flour and seasonings; blend. Gradually add milk and liquid, cook over low heat until thick, stirring constantly. Remove from heat. Add pimento and cheese; stir until cheese melts. Pour over beans. The sauce may be made ahead and frozen. On the day to be served, thaw and heat with beans.

LaRee Sonderegger

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Catherine Clark

GREEN BEANS SUPERB

2 Tbs. chopped onion
1 Tbs. chopped green pepper
3 Tbs. fat
3 Tbs. flour
1 tsp. salt
pepper
1 pimento
1/2 tsp. paprika
1 cup top milk
1/2 cup bean liquor (if tinned beans are used) or 1/2 cup water
1/4 cup grated American cheese
2 cups hot cooked beans. Cook onion and green pepper in hot fat until onion is golden. Add flour and seasonings; blend. Gradually add milk and liquid, cook over low heat until thick, stirring constantly. Remove from heat. Add pimento and cheese; stir until cheese melts. Pour over beans. The sauce may be made ahead and frozen. On the day to be served, thaw and heat with beans.

LUNCHEON SANDWICH LOAF

1 loaf (1lb.) sliced white bread, not thinly sliced
16 oz. cream cheese
pimento strips, parsley, olives, other garnish in season

Ham Filling: 2 Tbs. finely chopped green pepper 1 can $4\frac{1}{2}$ oz. deviled ham
1 tsp. prepared mustard

Tuna Filling: $\frac{1}{4}$ cup mayonnaise
1 tsp. minced onion
 $\frac{1}{4}$ tsp. salt
Liver Filling 1 $4\frac{1}{2}$ oz. can liver spread
 $\frac{1}{4}$ cup mayonnaise

Trim crusts from bread slices. Place four slices side by side on flat serving platter. Spread with deviled ham filling. Place four more bread slices over tuna filling; spread with tuna filling. Place four more bread slices. Place top with remaining four bread slices. Frost with liver spread filling. Spread with liver spread filling. Frost stacks close together on platter. Beat cream cheese until smooth and fluffy. Frost top and sides of loaf. Decorate with pimento, parsley, olive slices, etc. Chill. To serve, cut into $1\frac{1}{2}$ inch slices. **Serves 8**

Anna Jones

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RISOTTO ALLA MILANESE Milanese Rice

In 75 grams of butter and oil, fry some chopped onions. As soon as these are a little coloured, add the rice, always stirring with a wooden ladle. When the rice will have absorbed butter and oil and will have become a little transparent, add half a glass of white wine which will evaporate very quickly. Then cook the rice in good meat broth. When about half cooked, add some saffron dissolved in a spoon of broth.

Risotto is served with grated Parmesan cheese. Some people also add a bit of marrow and butter to the rice when cooked.

SAUERKRAUT-Hungarian Style

$\frac{1}{2}$ kilo sauerkraut	$\frac{1}{4}$ kilo onions
2 Tbs. pork fat	1 cup sour cream
2 bay leaves	2 Tbs. tomato puree
2 cloves	2 Tbs. paprika
5 juniper berries	
salt	

Divide the sauerkraut in half. Take one half and stew it on low fire for 20 minutes with the pork fat, bay leaves, cloves, juniper berries and a touch of salt. Then cut onions finely, fry in pork fat until golden brown. Add a little flour and then sour cream, tomato puree and paprika. To this add other half of sauerkraut, put aside and keep warm for 10 minutes. Before serving, mix the two halves of sauerkraut well. Heat up again, taste and add a little more salt if needed.

Serve with roast pork and mashed potatoes.

Isabella Oulemann -12-

SCALLOPED POTATOES

Mrs. Barkmann

POTATO PANCAKES

2 beaten eggs	
2 cups milk	
1 Tbs. melted shortening	
2 cups flour	
1 tsp. salt	
1 Tbs. baking powder	
2 cups grated raw potatoes	
1 medium sized onion, minced	

Combine eggs, milk, and shortening. Sift flour with salt, baking powder, and sugar. Add to egg mixture and beat smooth. Add potatoes and onions and blend well. Drop by tablespoon onto hot griddle and fry until brown on both sides. Makes 12-15 cakes.

SCALLOPED POTATOES

6 potatoes, peeled and sliced $\frac{1}{4}$ inch thick	
2 large onions, thinly sliced	
$\frac{1}{2}$ pkg. cheddar cheese, grated	
$\frac{1}{3}$ cup bread crumbs	
White sauce	

Preheat oven to 350 and grease a large casserole. Place a layer of potatoes on bottom of casserole, then a layer of onions slices. Sprinkle these two layers with salt and pepper and grated cheese. Pour over enough white sauce to make a thin coating. Next begin another layer of potatoes, then onions, cheese and white sauce. Continue layers until casserole is full. Sprinkle the bread crumbs on top of the filled casserole. Place covered in oven for 1 $\frac{1}{2}$ hours. Remove cover last 10 minutes in order to brown. Test baked mixture with a pronged fork; if potatoes are tender, remove and serve.

Ruth Lowe

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Genevieve McConnell

GADO GADO (Indonesian vegetable dish)

One can make this dish in advance as the vegetables are eaten cold. Any kind of vegetable can be used, the more the better.

Boil until tender, but not soggy: 1 cauliflower
1/2 white cabbage, sliced
1/2 kilo beans
spinach, not chopped

Easiest way of cooking these vegetables is in Pressure Cooker, but separate parcels of vegetables wrapped in tin foil can be boiled together in a large saucepan. Arrange the cooked vegetables on a large platter. Leave some space in the center for diced boiled potatoes. Garnish with sliced hard boiled eggs.

Serve with this hot peanut butter sauce: Fry 1 large chopped onion and a little garlic with a tsp. of sambal olek(staff store), and half tsp. sugar. Add half jar peanut butter and stir. Add some water and bring to the boil. This mixture thickens considerably so keep on adding water until you have a not too thick sauce. Add salt, dash of lemon juice, dash of tomato catsup and some soy sauce.

Hans Hammacher

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POMODORI RIEMPIENTI (Italy)

3 eggs
4 large tomatoes
1 cup cooked rice
50 gr. grated cheese
1/2 tsp. Worcestershire oil
pepper, salt
1 Tbs. chopped parsley
75 gr. butter
oil
Cut off the tops of the tomatoes and scoop out the pulp. Sprinkle the inside and outside with oil. Mix cooked rice, beaten eggs, parsley, Worcestershire, grated cheese, pepper, salt, and tomato pulp. Fill the tomatoes with the mixture and put in a baking dish. Place pieces of butter between the tomatoes; cover them with the tops. Bake in hot oven for 15 minutes. Can be garnished with cooked cauliflower.

DOLMA

1/2 kilo ground meat
1 medium onion, chopped fine
1/2 tsp. salt
1 tsp. curry powder
1 small bunch scallions, chopped fine
2 bunches mustard greens, chopped
1 bunch parsley, chopped
6 small bunches assorted greens or sabzeh (buy in local shops)
2 cups cooked rice
Fry all ingredients and mix well. Remove the skins and inside pulp from several large eggplants. Fill with the meat and rice mixture. Then fry eggplants on each side until just golden brown. Cover with tomato juice and simmer over low heat until just tender.

Loes deLind Van Wyngaerden

Diane Stephanian

the lard to brown them. Meanwhile peel and slice the pepper and wash out all the seeds. Transfer three chops to a casserole, sprinkle over them half the rice, green pepper and salt, pepper and cinnamon. Add the rest of the chops, cover with onion and green pepper. Pour over the liquid, then add the lid and bake the chops in a slow oven Gas #2 for about baking for an hour, peel and add the whole tomatoes. chops are cooked.

Reheat for serving, a little extra stock may be added).

Olive Prosper

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CHINESE PORK (Babi Ketjap)

Reproof dish
potatoes and
the required
frozen meat
(before use)
then a further
onion. Top
of cubed raw
so the top
in a
on a steady
the meat
cubed potato
should be

$\frac{1}{2}$ kilo diced pork
1 large onion, finely chopped
garlic, finely minced
salt and pepper
ground ginger
dash of lemon juice

Night before serving, sprinkle pork with salt, pepper, and 2-3 tsp. ginger. Mix onions and garlic with meat. Then add 1 cup soy sauce and 1 Tbs. soft brown sugar and a dash of lemon juice. Allow to stand overnight so the meat gets all these flavours.

Heat some oil or butter until light brown. Add meat mixture and fry on all sides. Add some water, cover, and let simmer until very tender. Add some water occasionally, if necessary.

SARDI'S CANNELLONI

PANCAKES: 1 pint milk
1½ cups flour
1 Tbs. melted butter
2 well beaten eggs
Combine the above ingredients. Drop batter by Tbs. into a small frying pan; brown cakes on both sides. As each pancake finishes, stack one on top of another to keep warm. Pancakes should be very light and thin like French pancakes.

STUFFING:
½ lb. raw beef
½ lb. cooked chicken
3 Tbs. cooked spinach
2 Tbs. red wine
butter
chopped parsley
1 Tbs. Parmesan cheese
1 raw egg
salt and pepper

Cut the beef into small cubes and brown in butter. Add the red wine and cook slowly until beef is tender. Grind the beef and chicken together, add the cooked spinach, raw egg, parsley, and Parmesan cheese. Season to taste with salt and pepper. Mix thoroughly. Roll the stuffing into the pancakes to form long tubes. Pour your favorite tomato sauce over the pancakes. Sprinkle with Parmesan cheese and put under the broiler until the cheese is browned.

Sirita Tomchinsky

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SWEET AND SOUR PORK

1½ lbs. pork, cubed
2 cups water
¼ cup soy sauce
2 Tbs. sugar
2 medium tomatoes, in wedges

Simmer pork in water, soy sauce and sugar for 45 minutes. Remove seeds and juice from tomatoes; combine vegetables and pineapple. Cook in butter for a few minutes, keeping vegetables crisp. Dip pork in batter and fry in deep hot fat until golden brown. Arrange pork on platter; mix with vegetables. Pour sweet sour sauce over all.

Dipping batter: Combine 1 beaten egg and 2/3 cup milk. Add 1 cup sifted flour, 2 tsp. baking powder, and ½ tsp. salt sifted together. Beat until smooth.

1 green pepper, diced
½ cup chopped green onions
2/3 cup pineapple chunks
¼ cup butter

Sweet sour sauce: Bring ½ cup vinegar, ½ cup water, ¼ cup brown sugar, and ¼ cup granulated sugar to a boil. Combine ½ cup cornstarch and ½ cup pineapple juice; add to hot mixture and cook until thickened. Pour over pork and vegetables. Serves 8

Sandra Beyaert

MOUSSAKA

1 kilo eggplants
 $\frac{1}{2}$ kilo minced meat
 $\frac{1}{2}$ kilo peeled tomatoes
 2 small onions
 $\frac{1}{4}$ cup butter
 1 cup flour
 1 cup milk
 $\frac{1}{2}$ tsp. sugar
 2 eggs, slightly beaten
 250 grams gruyere cheese
 3 cups bechamel sauce
 1 Tbs. butter
 Shortening for frying

Cut the eggplants in slices, sprinkle with salt and let stand for $\frac{1}{2}$ hour. Fry the meat with the onions and butter, add the tomatoes cut in small pieces. Add the salt, pepper, sugar and $\frac{1}{2}$ cup water. Let boil for 45 minutes. Prepare a liquid paste with the flour, the two eggs, the milk and 1 Tbs. butter and $\frac{1}{2}$ tsp. salt. Wash the eggplants and put them in the paste one by one, then in the fryingpan. Fry on both sides. Grease a dish and put half of the eggplants, half of the sliced cheese and then the meat; then the remaining eggplants and cheese. Cover with this bechamel sauce: Combine in a saucepan 6 Tbs. flour and 6 Tbs. butter; add 2 cups hot milk little by little and stir well to obtain a liquid paste. Add salt, pepper, and nutmeg to taste and bring to boil. Take off the fire and add 3 slightly beaten eggs and stir well. Cook eggplant in the oven for 45 minutes, at 350°.

If you wish, you can fry the eggplants without the liquid paste. You can also put grated cheese on top of the bechamel sauce, but you then skip the sliced gruyere.

Mrs. A. Gouparidis

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SPAGHETTI CASSEROLE

1 cup spaghetti
 8 cups water
 2 tsp. salt
 $\frac{1}{2}$ cup chopped onion
 2 Tbs. fat
 $\frac{1}{4}$ lb. ground beef
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. Worcester-shire sauce
 1 cup canned tomatoes

Heat water with 2 tsp. salt. When it boils, add spaghetti, broken in small pieces. Cook until tender. Drain. Melt fat in skillet; add onion and meat and cook until meat is brown. Add tomatoes, seasonings and simmer for 10 minutes. Add drained spaghetti to meat and put into greased dish. Sprinkle with $\frac{1}{2}$ cup grated cheese. Bake in 350° oven about 20 minutes.

PIZZA NAPOLETANA

$\frac{1}{2}$ cup lukewarm water
 $1\frac{1}{2}$ tsp. yeast
 2 cups flour
 1 tsp. salt
 1 can tomatoes
 200gr. sliced cheese
 100gr. anchovies
 capers and oregano

Dissolve yeast in water; let stand about 10 minutes. Add flour and salt, mixing until a soft dough is formed. Let rise in warm place for 1-2 hours. Then roll dough very thin and put on a pan greased with olive oil. Put 1-2 spoons of oil on top of the dough. Then put slices of Dutch cheese, pieces of tomatoes, anchovies and a little Parmesan cheese, if available. Sprinkle all over with capers and oregano and bake in a hot oven for about 30 minutes.

Geri Jonish

Mrs. Sarchi

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EEFT GOULASH AND POPPY SEED NOODLES

2 lbs. beef chuck, cut in 3/4 inch pieces	1 cup seasoned tomato sauce
1/3 cup fat	2 cups tomatoes
1 cup chopped onion	1 to 2 cloves minced garlic
1 Tbs. flour	Bouquet garni: in a piece of cheesecloth tie 1 bay leaf, 1 stalk celery, 2 Tbs. chopped parsley, and 1/4 tsp. thyme
1 1/2 tsp. salt	
1 Tbs. paprika	

Brown beef in hot fat; add onion. Stir in flour, salt and paprika. Add tomato sauce, tomatoes, garlic and bouquet garni. Cover and simmer over low heat until meat is tender, about 1 1/2 hours. Remove bouquet garni.

Cook 6 oz. noodles in boiling salted water. Drain. Add 2 Tbs. poppy seeds and 2 Tbs. butter.

Serve goulash over noodles.

Makes 6-8 servings.

Amanda Bartlett

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EGGPLANTS PAPOUTSAKIA (SHOES)

1 1/4 kilo egg plants, small	salt, pepper, sugar
1/2 kilo minced meat	1 Tbs. bread crumbs
2 1/2 kilo tomatoes	1 cup bechamel sauce
1 small minced onion	1 cup tomato sauce
4 Tbs. butter	3 Tbs. grated cheese
1 egg	fresh butter

Cut off one piece of the eggplant in the length and then cut deeply in the length again the remaining eggplant, being careful not to cut it in two pieces. Sprinkle salt inside the cut and let stay for 1/2 hour. Then wash and fry the eggplant in shortening. Prepare the minced meat in same way as in "Moussaka" (p. 20) and out of fire add the egg, cheese and bread crumbs. Put the eggplants on a dish, cut side-up and opening this side with a spoon, stuff the meat into each eggplant. Put one spoon of bechamel on each eggplant and place on top one small piece of fresh butter. Pour the tomato sauce on the bottom of the dish and cook in the oven for 45 minutes at 350.

Mrs. A. Couperidis

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MEAT BALLS FOR REUNION

1 lb. ground beef	2 Tbs. fat
3 Tbs. milk	1 medium onion, diced
1 egg	$\frac{1}{2}$ cup water
1 slice bread, broken	$\frac{1}{2}$ cup burgundy or broth
1 tsp. salt	1 bouillon cube
$\frac{1}{4}$ tsp. pepper	$\frac{1}{2}$ tsp. sugar
1 sprig parsley, broken	1 bay leaf

Place ground beef in bowl. In blender container, place milk, egg, bread and salt, pepper and parsley. Cover, blend about 30 seconds, until smooth. Pour over meat, mix lightly to combine thoroughly. With moist hands, shape into balls about one inch in diameter.

Heat fat in large skillet. Drop diced onion in container, cover and blend 2 seconds to chop. Add to skillet with meat balls. Cook until lightly browned on all sides. Add water, burgundy or broth, bouillon cube, sugar, and bay leaf. Bring to boil. Cover, simmer about 20 minutes.

Madeline Rawley

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"TEXAS VARIETY DINNER"

1 Tbs. cooking oil	1 small bunch parsley, chopped
1 cup pinto or kidney beans	or 1 Tbs. dried parsley
1 lb. ground beef	$\frac{1}{4}$ tsp. cayenne
1 large can whole tomatoes	$\frac{1}{2}$ tsp. chili powder
1 medium onion, chopped	salt and pepper
1 cup water	$\frac{1}{2}$ cup diced celery (if available)
	$\frac{1}{2}$ whole green pepper, diced

Soak beans overnight, in just enough water to cover. In a large cooking pot, place the oil, beef, onions, parsley, celery and pepper. Sauté until vegetables are almost tender and the beef is browned but not fully cooked. Then add tomatoes, water and spices. Simmer for 20 minutes and then add beans. More water may be needed, but the consistency should be somewhat mushy, not soupy. Cover pot and allow to simmer until the beans are tender, about $1\frac{1}{2}$ hours.

Serve this mixture over macaroni or rice with garlic bread or saltines. Recipe serves 4. May be doubled if you wish; leftover portions may be frozen and used at a later time.

Genevieve McConnell

-25-

BAR-B-Q-BEEF

Cook until tender in a small amount of oil:

$\frac{1}{2}$ cup finely chopped onion

1 cup finely chopped celery

Add:

1 small bottle catsup

1 Tbs. vinegar

2 Tbs. lemon juice

2 Tbs. Worcestershire sauce

$\frac{1}{2}$ cup water

2 Tbs. brown sugar

Simmer slowly for 20 minutes.

Can be used with cooked pot roast, sliced chicken

hamburger

chicken

chicken

chicken

chicken

Frances DeLemos

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ITALIAN STEAK

2 cloves garlic, chopped

2 medium onions, chopped

$\frac{1}{2}$ tsp. oregano

1 tsp. thyme

$\frac{1}{2}$ tsp. basil

1/8 tsp. cinnamon

1 tsp. salt

$\frac{1}{2}$ tsp. pepper

1 tsp. sugar

2 6 oz. cans tomato paste

2 cups water

1 cup white wine

Fry 3 pounds steak in butter. Add the above ingredients, mixed together. Bake in a moderate oven for about 2 hours.

Lenore Blessinger

Biff a la Lindström

400 grams good minced beef

3-4 egg yolks

$\frac{3}{4}$ decilitre cream or $\frac{1}{2}$ decilitre milk (about $\frac{1}{4}$ cup)

1 Tbs. finely chopped onion

1 Tbs. finely chopped capers, if available

3 Tbs. finely chopped pickled beets

2 boiled cold potatoes, chopped

salt, pepper

butter

Chop all ingredients finely. Be sure meat is finely minced; then place in large bowl and season lightly. Stir in cream or milk a little at a time alternating with the egg yolks. Then mix in onion, capers, potatoes, and red beets. Be careful that no pickling juice clings to the beets. Taste to see if further seasoning is required. Shape meat mixture into balls about $2\frac{1}{2}$ inches in diameter; flatten them slightly. Fry the meat quickly in heavy butter.

The "biffs" are best when they are rather red inside. Serve at once with potatoes.

Louise Bergquist

-25-

DILLKOTT
(Dill Meat)

From lamb: 1-1½ kilo chuck of lamb
From veal: 1-1½ kilo chuck shoulder or back
3/4 Tbs. salt per litre water
4 whole white peppers
dill

Crush the bones. Wipe off the meat with cloth that has been wrung out in hot water. Put the meat in boiling, lightly salted, water. Add spices and let simmer covered until meat is tender, about 1½ or 1¾ hours. Water should just cover the meat. When finished cooking, cut the meat in thin slices.

For the sauce, melt 2 Tbs. butter with 2 Tbs. flour. Add 2 small cups meat stock a little at a time. Let simmer about 10 minutes. Season with vinegar, salt and pepper to taste. Lastly add freshly cut dill.

Best served with new potatoes.

Louise Bergquist

-28-

BARBECUED BEEF ROAST

Take a 5 lb. beef roast, 2 inches thick, and sprinkle with 1 Tbs. meat tenderizer well in advance of cooking. In 4 Tbs. oil, fry until golden brown: 1 medium onion, chopped and 1 clove garlic, chopped.

Add the following ingredients to the onions and garlic and cook slowly for 20 minutes: 1 stalk chopped celery
3/4 cups chili sauce
½ cup water
2 Tbs. Worcesterhire.

1 tsp. prepared mustard

Stir in ½ cup sherry and cook slowly another 10 minutes. If too thick, add more sherry. Best the roast, brown on both sides on a grill or rotisserie; baste again. Grill 1½ to 2 hours, turning and basting several times. Rather than grilling, one can also roast the meat in a 325 oven for 2½ to 4 hours. Save the sauce for the finished meat.

Edith Gaines

CURRIED TURKEY AND HAM for 50

1 12-15 lb. turkey, cut into pieces	3/4 cups butter
2 qts. milk	2 cups sifted flour
1 qt. turkey broth	3-4 Tbs. curry powder or to taste
3 cups heavy cream	2 Tbs. salt
1 cup chopped green peppers	1/2 tsp. freshly ground white pepper
1 cup chopped onion	1 qt. (1 lb. 4 oz.) cubed cooked ham
1 cup salad oil	

Simmer the turkey, tightly covered, in almost enough salted water to cover until tender, about 2 hours. Remove turkey; let cool. Remove bones and skin; discard. Cube the meat and strain the broth. There should be about $2\frac{1}{2}$ qts. of turkey meat.

To prepare the sauce, use a 3 or 4 gallon double boiler or improvise one with two pots. Scald the milk with the turkey broth and cream, over boiling water. In a skillet saute the green peppers and onions in oil and butter. Blend in the flour, curry powder, salt, and pepper. Add the flour mixture gradually to the milk mixture and whip with wire whisk until the sauce is thickened and smooth. Add the turkey meat and ham and cook, covered, stirring occasionally, fifteen minutes. Adjust the seasonings.

Serve on rice with curry condiments (chutney, sliced cucumbers, pickles, bananas, shrimp, preserved chopped ginger, bacon crisp and crumbled, apple slices, walnuts, fried onion rings, raisins, pomegranate seeds, parsley, etc.).

This recipe may be cut in half to serve 25 or doubled to serve 100.

Anna Jones

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TOMATO AND MEAT SAUCE for 50

4 cups finely chopped onion	1 tsp. dried basil or 1 T. fresh basil
2 cups diced celery	1 tsp. dried thyme
1 lb mushrooms finely chopped	1 tsp. dried oregano
or 1 lb. can mushrooms, chopped	4 bay leaves
4 cloves garlic, finely chopped	2 Tbs. salt
1/2 cup salad oil	1 tsp. pepper
6 lbs. ground beef	1 gallon canned tomatoes
3 lbs. ground veal	2 1/2 qts. tomato paste
3 lbs. ground pork	2 qts. beef stock

In a heavy sauce pan, cook the onions, celery and garlic (and mushrooms if fresh ones are used) in salad oil until the vegetables are wilted. Add canned mushrooms. Add ground meats and cook until the moisture is evaporated and the meat begins to brown. Add remaining ingredients and bring to a boil, stirring frequently. Reduce heat and simmer $2\frac{1}{2}$ to 3 hours. Stir occasionally from bottom.

This sauce can be used with pasta or made into chili con carne. For chili con carne, add $\frac{1}{4}$ cup chili powder and one gallon drained kidney beans to above recipe.

Anna Jones

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BEEF STROGANOFF

1 Tbs. flour	2 Tbs. butter
$\frac{1}{2}$ tsp. salt	3 Tbs. flour
1 lb. beef sirloin, cut in $\frac{1}{4}$ " wide strips	1 T. tomato paste
2 Tbs. butter	$1\frac{1}{4}$ cups beef stock or 1 can condensed beef broth
1 cup thinly sliced mushrooms	1 cup sour cream
$\frac{1}{2}$ cup chopped onion	2 Tbs. cooking sherry
1 clove garlic, minced	

1. Combine 1 Tbs. flour and salt; dredge meat in mixture. Heat skillet; then add 2 Tbs. butter. When melted, add sirloin strips and brown quickly on all sides.
2. Add the mushroom slices, onion and garlic. Cook 3 or 4 minutes or until onion is barely tender.

3. Remove meat and mushrooms from skillet. Add 2Tbs. butter to pan drippings. When melted, blend in 3Tbs. flour and the tomato paste. Slowly pour in cold meat stock. Cook, stirring constantly until mixture thickens.

4. Return browned meat and mushrooms to skillet. Stir in sour cream and sherry. Heat briefly. Serve over rice with some parsley added for color.

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Ruth Crane

INDIAN CURRY

1 lb. meat
 $\frac{1}{4}$ lb. onions
 $\frac{1}{4}$ lb. curd or yoghurt
 $\frac{1}{4}$ lb. tomatoes
 $\frac{1}{2}$ tsp. turmeric
garlic-one piece
salt and chillies to taste
Out the onion and garlic into very small pieces. Place about $\frac{1}{2}$ lb. ghee or oil in a cooker; add the onion and garlic and cook about 7 minutes. Then add turmeric, salt and chillies. After another 3 minutes, add the meat and roast for 20 minutes. Watch so that it does not burn. Add the tomatoes and curd and continue roasting until the water of curd and tomatoes is dried up and only ghee is left. Then pour about 2 lbs. of water into the cooker; cover and allow to cook another 20 minutes.

HAMBURGER PARTY PIE

Crust:
3/4 lb. ground beef
 $\frac{1}{2}$ can canned milk
1 tsp. salt
1/8 tsp. pepper
1 cup cooked rice
1 Tbs. chopped onion
Combine and press into greased pie plate.
Filling:
1 egg slightly beaten
 $\frac{1}{2}$ cup canned milk
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ cup cooked drained vegetables
Mix and fill into crust. Bake one hour in a moderate oven. Place whipped potatoes on top and brown as meringue.

Mr. J.L. Kashyap

Ruth Lowe

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CHICKEN MARENGO

BARBECUED CHICKEN

2 $\frac{1}{2}$ -3 lb. quartered chicken
 2 Tbs. salad oil
 $\frac{1}{2}$ cup consomme
 $\frac{1}{4}$ cup dry white wine
 1 Tbs. chopped parsley
 1 clove garlic
 2 onions, chopped
 salt, pepper

Cook chicken in heated oil until brown on all sides. Add onions, cook until slightly brown. Sprinkle with flour, cook 3 min. Add consomme, wine, tomato paste, garlic, thyme, bay leaf, salt and pepper. Bring to the boil. Cover and simmer gently 3 min. or until tender. Remove chicken to heated serving dish, keep warm. Add mushrooms to skillet; cover and cook over low flame for 15 min. Pour over chicken; sprinkle with parsley.

2 $\frac{1}{2}$ -3 $\frac{1}{2}$ lb. cut up chicken
 $\frac{1}{2}$ cup flour
 2 tsp. salt
 dash pepper
 $\frac{1}{2}$ cup fat or oil
 1 medium onion, diced
 $\frac{1}{2}$ cup chopped celery
 Early in day or night before serving, dip chicken into flour, salt and pepper mixture. Fry in hot fat until brown. Remove chicken to a 3 qt. casserole. Pour off all but 2 Tbs. fat from skillet. Add onion, saute until golden. Add celery and remaining ingredients, except corn. Simmer a few minutes to mix well. Pour over chicken, cover and place in refrigerator when room temperature. About 2 hours before serving, heat oven to 350. Bake chicken casserole covered 1 $\frac{1}{2}$ hours. Add corn and bake 20 minutes longer or until tender.

This is excellent with the corn sauce served over rice.

Nora Verrijn Stuart

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Gladys Kimm

CHICKEN "AU DIABLE"

Salt 2 $\frac{1}{2}$ -3 lb. chicken lightly on the inside. Grill 8-10 minutes. Beat 100 grams butter until creamy; add 1 tsp. vinegar, $\frac{1}{2}$ tsp. paprika, and $\frac{1}{2}$ tsp. salt. Rub butter mixture on all sides of the chicken. Cover with fine bread crumbs. Then grill chicken again until brown and tender.

Serve with mixed salad and chips.

AJAM GORENG ASSEM-GAREM (Indonesian chicken dish)

Cook a 2 $\frac{1}{2}$ -3 lb. chicken until done. Cut in pieces. Mix 2 Tbs. tamarind (available at Far East shop) with a little water and some salt. Strain. Rub chicken pieces with mixture and let stand for 30 minutes. Fry in hot oil, or margarine. Serve with rice.

Fien van Rijswijk

-35-

KIEM LOH (Chinese chicken)

1 chicken
 50 gr. cubed pork
 1 tin crabmeat
 4 oz. cooked shrimps
 1 cup sliced cabbage
 1 head lettuce, sliced
 3 Tbs. chopped celery
 2 cups beansprouts

1 cup catup
 $\frac{1}{2}$ green pepper, diced
 1 cup water
 2 Tbs. Worcestershire
 2 Tbs. brown sugar
 1 pkg. frozen corn
 or ve-tsien

Boil chicken and pork in plenty of water. Add salt and cook until tender. Slice chicken in pieces. Add crab, shrimps, and all the vegetables to the stock. Fry onions, ginger, and garlic and add to the stock. Cook over low heat, making sure vegetables stay crisp. When dish is ready, add 1 tsp. ve-tsien. Dish should have consistency of a soup. Serve with rice.

Anne Vermeulen

ALMOND*OVEN* FILLED CHICKEN

2 to 3 lb. frying chicken, skinned
1 cup flour 2 eggs
2 tsp. salt 3 Tbs. milk
 $\frac{1}{4}$ tsp. pepper 1 $\frac{1}{2}$ cup finely, chopped
2 tsp. paprika blanched almonds

Heat oven to 400. Coat chicken by tossing in paper bag with flour, salt, pepper, and paprika. Dip in slightly beaten eggs and milk. Roll in almonds. Let stand 5 to 10 minutes.

Melt 2 Tbs. butter and 2 Tbs. fat in a shallow baking pan. Place coated chicken, skin-side-down in pan. Bake 30 minutes. Turn, bake 30 more minutes or until tender. Serves 6

DELICIOUS CHICKEN

Out a 2 to 3 lb. chicken into 4 pieces. Salt and pepper well. Soak about 4 hrs. in $\frac{1}{2}$ cup lime juice. Put one chopped onion around the chicken during the soaking; Remove onion after soaking. Prepare charcoal fire and place chicken on wire rack over the fire. Cook about 2 minutes on each side. Then brush chicken with melted Crisco, about one dessertspoonful. Continue cooking on rack, turning and brushing with Crisco, until chicken is brown on all sides. Then place in a 300 oven for about 15 minutes before serving. Serves 6

Ruth Lowe

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Hussein Dawoodi
Mary Jo Wallace's cook

CHICKEN CACCIATORA

2 $\frac{1}{2}$ -3 lb. cut-up frying chicken
2 medium onion, in $\frac{1}{4}$ inch slices
2 cloves garlic, minced
1 lb. can tomatoes (2 cups)
1 8 oz. can tomato sauce
1 tsp. salt $\frac{1}{2}$ tsp. pepper
1 tsp. oregano $\frac{1}{2}$ cup leaves
 $\frac{1}{2}$ tsp. celery seed $\frac{1}{4}$ cup sauterne

Slowly brown chicken in $\frac{1}{4}$ cup hot olive oil; remove from skillet. Add onions and garlic; cook until tender, but not brown. Combine remaining ingredients, except wine. Add chicken to skillet, pour sauce over. Cover and simmer 45 minutes. Stir in wine. Cook uncovered, turning chicken occasionally, about 20 minutes or until chicken is tender and sauce is thick. Skim off excess fat and remove bay leaves. Serves 4-6

CHICKEN TESEMJAN

225 grams pomegranate juice
300 grams ground nuts
2 $\frac{1}{2}$ -3 lb. chicken
 $\frac{1}{4}$ tsp. curry powder
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. lemon crystals

Dilute the pomegranate juice with some water and strain. Put salt and lemon juice with pomegranate juice in a saucepan; permit to boil. Cut the chicken into pieces and add to the juice. Cook over low heat about 30 minutes. Then add ground nuts and continue cooking until chicken is tender.

Sandy Gray

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Diane Stephanian

FISH FINGERS, MORNAY

Put the fish fingers(sticks) at straight from the packet into a fireproof dish. Cover completely with sliced tomatoes. Put 2 large lumps of butter on top. Cover thickly with grated cheddar cheese, adding pepper and salt to taste. Put into hot oven until cooked and brown on top.

Audrey White

FRYED SHRIMP

Clean shrimp. Make an incision lengthwise over shrimp so you can almost fold them double. Dip shrimp in batter of slightly beaten egg seasoned with salt and pepper. Cover with bread crumbs and fry in deep fat until golden brown.

Hans Hammacher

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SHRIMP CREOLE

Cook: 1 cup sliced onions
10 $\frac{1}{2}$ cup diced celery
mins. 1 clove garlic, minced
3 Tbs. salad oil

Combine and mix: 1 Tbs. flour with vegetables: 1 tsp. salt
1 tsp. sugar
1 Tbs. chili powder

Add and
Cook 15 minutes: $\frac{3}{4}$ cup water
2 cups canned tomatoes

Add 2 cups cooked peas, 1 Tbs. vinegar, and 2 cups cooked shrimp. Heat whole mixture thoroughly. Serve over 4 cups boiled or cooked rice.

Frances DeLemos

WALNUT RICE STUFFING

2 cups diced celery
1 large onion, chopped
 $\frac{1}{2}$ cup butter or margarine
2 cups raw rice
2 cans (3 or 4 oz.) chopped mushrooms
 $\frac{1}{4}$ cup chopped celery leaves
2 chicken bouillon cubes
 $\frac{4}{5}$ cup water
2 tsp. salt
 $1\frac{1}{2}$ tsp. poultry seasoning
 $\frac{1}{4}$ tsp. pepper
1 cup coarsely chopped walnuts

Saute celery and onion in butter for 3 to 5 minutes in a large frying pan. Stir in rice; saute slowly, stirring often, for 10 minutes or until rice is golden and vegetables are soft. Stir in mushrooms and liquid, celery leaves, bouillon cubes, water and seasoning. Heat to boiling, stirring until bouillon cubes are dissolved. Cover; simmer 20 minutes or until rice is tender and liquid is absorbed. Stir in walnuts and chopped cooked giblets.

Make stuffing a day ahead if you wish and keep chilled ready to put into use. This recipe makes about 9 cups or enough to stuff a 12 lb. turkey.

Evelyn Tuck

BREAD or COFFEE CAKE

4-6 cups flour	1 cup milk
2 Tbs. shortening	1 cup water
4 Tbs. sugar	2 Tbs. dry yeast
2 tsp. salt	$\frac{1}{2}$ cup warm water

Dissolve 2 Tbs. yeast in $\frac{1}{2}$ cup warm water with a pinch of sugar. In a large bowl, place shortening, salt, and sugar. Heat milk and water to the boiling point. Turn into large bowl with all ingredients except the yeast. Let cool until lukewarm. Stir in 2 cups sifted flour; then add the yeast. Add remaining flour until it is completely absorbed. Make dough into a round ball. Knead for 10 minutes on a floured board. Return to a greased bowl for 1 hour, until doubled in bulk. Keep out of drafts.

Shape dough into 2 loaves and place in greased 9x5x3 pans.

For coffee cake, separate dough into 2 balls. Roll out until $\frac{1}{4}$ - $\frac{1}{2}$ " thick into a circle. Smear the surface with melted butter and sprinkle well with cinnamon, sugar, nuts, and raisins. Roll up like a jelly roll and cut into individual pieces and place in a greased cake pan or in greased muffin pans. Let rise for 1 hour. Then bake at 425 for 20 minutes, or at 375 for 25 minutes. Let cool before cutting bread or eating rolls. When you take bread out of the oven, smear the crust with a block of butter. Then turn out of pan and lay on sides to cool.

To top coffee cake, mix 1 cup powdered sugar with 1 Tbs. butter, 1 tsp. vanilla and a little milk. Smear over surface while still hot.

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Pat Forner

FISH SOUFFLE (from Belgium)

3/4 cup diced cleaned mushrooms	dash nutmeg
2 Tbs. butter	dash cayenne pepper
$\frac{1}{2}$ lb. fillet of haddock, cooked and flaked	1/8 tsp. powdered mace
$\frac{1}{4}$ cup butter	1/8 tsp. celery salt
4 Tbs. flour	1/8 tsp. onion salt
1 cup milk	$\frac{1}{4}$ tsp. paprika
3 egg yolks, slightly beaten	$\frac{1}{4}$ tsp. monosodium glutamate (ve-ts-in)
1 tsp. salt	5 egg whites

Preheat oven to 350. Grease a 2 quart casserole. Sauté mushrooms in 2 Tbs. butter; over moderate heat for 5 minutes. Dice fish.

To make thick cream sauce, melt $\frac{1}{4}$ cup butter; blend in flour; add milk slowly stirring it in. Cook, stirring until thickened and smooth. Stir a small portion of the cream sauce into the beaten egg yolks; stir back into larger amount. Add seasonings, mushrooms, and fish.

Beat egg whites until stiff, but not dry. Fold into fish mixture. Turn into prepared casserole. Set in a pan containing an inch of water. Bake in 350 oven until firm and brown, about one hour. Serve immediately.

(Any white fish similar to haddock may be used)

Serves 6

YORKSHIRE PUDDING

CORNBREAD for 50

4 oz. plain flour
pinch salt
1 egg (use 2 for richer mixture)
 $\frac{1}{2}$ pt. milk or for light batter use
 $\frac{1}{2}$ pt. iced water and 2/3 milk

Seive flour and salt together in a basin.

Drop in egg and beat well. Gradually beat in just enough liquid to make stiff, smooth batter. Be sure there are no lumps. Allow to stand for a few minutes; then gradually whisk or beat in the rest of the liquid. This mixture can be allowed to stand some time before cooking. Give final whisk before using. A little melted butter or olive oil can be added to the pancake batter. It gives a good flavour and prevents sticking.

2 lbs. (1½ qts.) yellow cornmeal
3 cups all purpose flour
 $\frac{1}{4}$ cup baking powder
 $\frac{1}{2}$ cup sugar
1 1/3 Tbs. salt
3 eggs
1 qt. skim or non-fat milk
 $\frac{1}{4}$ cup fat, melt after measuring

Sift together cornmeal, flour, baking powder, sugar and salt. Beat eggs; stir in the milk and melted fat. Add to dry ingredients and stir just enough to blend. Pour batter into greased pans. Bake at 425 for 25 minutes.

Margaret Oldham

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Anna Jones

HOSKA

(Czechoslovakian bread)

Dorothy McLoughlin

3/4 cup milk
3/4 cup sugar
1/2 tsp. salt
 $\frac{1}{2}$ cup margarine or butter
 $\frac{1}{2}$ cup warm water
2 pkgs. or cakes yeast
or 2 Tbs. dry yeast
2 eggs

$\frac{5}{2}$ cups unsifted flour
 $\frac{1}{4}$ cup chopped citron
 $\frac{1}{4}$ cup raisins
 $\frac{1}{4}$ cup chopped almonds
melted margarine
1 egg
1 Tbs. water
 $\frac{1}{4}$ cup whole blanched almonds

Scald milk; stir in sugar, salt and margarine. Cool to lukewarm. Measure warm water into large warm bowl. Sprinkle in yeast; stir until dissolved. Stir in lukewarm milk mixture, 2 eggs, and 3 cups flour. Beat until smooth. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board. Knead until smooth and elastic, about 10 minutes. Place in greased bowl, turning to grease top of dough. Cover; let rise in warm place, free from draft until double in bulk, about 50 minutes.

Punch down. Turn out onto lightly floured board. Knead in citron, raisins, and chopped almonds until well distributed. Divide into four equal pieces. Set two aside. Divide one piece into three equal strips about 14 inches long. Place the 3 strips on a large greased baking sheet; form into a braid. Brush top of braid with melted margarine.

Divide 2/3 of the second piece into 3 equal strips about 12 inches long. Form into a second braid and place on top of first braid. Brush top with melted margarine. With remaining dough from second piece make a third braid about 10 inches long and place on top of second braid. Form second braid with reserved dough. Cover; let rise in warm place, free from draft about 1 hour. Beat 1 egg and 1 Tbs. water together until well blended. Brush loaves with egg mixture. Decorate with almonds. Bake at 375 for 40 minutes.

SOUR CREAM COFFEE CAKE

Cream 1 cup sugar and $\frac{1}{2}$ lb softened butter. Add 2 eggs, one at a time. Then add 1 tsp. vanilla, mixing well. To this mixture add 1 cup sour cream alternatingly with 2 cups flour, 1 tsp. soda, and 1 tsp. baking powder sifted together. Pour half of batter into greased tube pan and sprinkle with the following mixture: $\frac{1}{2}$ cup brown sugar, 1 tsp. cinnamon and $\frac{1}{4}$ cup chopped nuts. Pour remaining batter on top. Bake at 400 for 45 minutes or until a straw comes out clean. Turn cake out immediately and while hot dribble with this frosting: 1 cup icing sugar mixed with 1 Tbs. milk and a dash of cinnamon.

SHORTBREAD

6 oz. plain flour
5 oz. butter
pinch of salt
2 oz. Castor or fine sugar
Cut butter into salt and flour sifted together until mixture is the size of a small pea. Work with hands until mixture forms a soft ball. Place in a greased $11 \times 7 \times 1\frac{1}{4}$ pan. Bake at 350 for 40 minutes or until slightly golden. Remove from oven unto wire rack. Sprinkle with Castor sugar while still warm, and cut into bars.

Gladys Kimm

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Irene Smale

DATE NUT LOAF

1 cup hot water
 $1\frac{1}{2}$ cups finely cut dates
 $2\frac{1}{4}$ cups sifted flour
2 tsp. baking powder
 $3/4$ tsp. salt
 $3/4$ cup firmly packed brown sugar
 $\frac{1}{2}$ cup chopped walnuts
2 eggs, well beaten
2 Tbs. melted butter or margarine

Add hot water to dates; let stand while mixing other ingredients. Measure sifted flour and sift again with baking powder, salt and sugar. Add nuts. Add eggs and butter to date mixture. Then add to flour and mix well. Pour into greased $9 \times 5 \times 3$ loaf pan. Bake in 350 about 1 hour. Store overnight before slicing.

NUTTY APRICOT SNACK LOAF

Soak 1 cup dried apricots in warm water for 15 min. Drain, cut into pieces. Sift together 2 cups sifted flour, 2 tsp. baking powder, 1 tsp. salt, $\frac{1}{4}$ tsp. soda. Cream $\frac{1}{4}$ cup shortening; add gradually 1 cup sugar, creaming well. Blend in 1 egg; beat well. Add $\frac{1}{4}$ cup water and $\frac{1}{2}$ cup orange juice. Mix well. Blend in sifted dry ingredients; mix thoroughly. Fold in $\frac{1}{2}$ cup chopped walnuts and cut up apricots. Pour into well greased $9 \times 5 \times 3$ loaf pan. Push batter up into corner of pan, leaving the center slightly hollowed. For well rounded loaf, allow to stand 20 min. before baking. Bake in 375 oven for 60-65 minutes. Cool for 10 min. Remove from pan. Cool thoroughly before slicing.

Amanda Bartlett

Muriel Gerber

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FROZEN HARLEQUIN PIE

$\frac{2}{3}$ c. ground nuts
 $\frac{1}{4}$ c. sugar
 $\frac{1}{8}$ tsp. salt

1 egg white

Butter 9" pie plate. Mix nuts, sugar, and salt. Beat egg white until peaks form. Mix well with nut mixture. Press firmly into pie plate. Bake 12-15 minutes at 375. Cool.

1 Tbs. Nescafe
 $\frac{1}{2}$ c. milk
 $\frac{1}{4}$ lb. marshmallows (recipe page #9)
1 egg yolk

Cook marshmallows, coffee, and $\frac{1}{2}$ c. milk over low heat until marshmallows melt. Beat egg yolk slightly, stir in a little of the hot mixture, return to saucepan. Cook one minute longer. Refrigerate, stirring occasionally, until almost set. Fold in cream, whipped, and extract. Put into crust. Melt chocolate over hot water. Stir in 1 Tbs. milk. Cool. Drop by teaspoonfuls into filled pie. Cut through to marbleize. Freeze until served. Garnish with whipped cream and coffee, if desired.

1 c. heavy cream (1 pkg. Dream Whip)
 $\frac{1}{4}$ tsp. almond extract
 $\frac{1}{4}$ c. semi-sweet chocolate
1 Tbs. milk

Catherine Clark

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VENETIAN COFFEE

Into bottom of a long-stemmed wine glass place: $\frac{1}{2}$ tsp. sugar
1 jigger brandy
Fill glass with strong coffee.
Top with whipped cream.

CAFE BRULOT

Into top of chafing dish put 1 tsp. orange peel and $\frac{1}{2}$ tsp. lemon peel, 4 cinnamon sticks, broken, 8-10 cloves, $\frac{1}{3}$ cup curacao or orange liqueur and $\frac{1}{3}$ cup brandy. Place chafing dish over flame. When brandy is warm, set afame, stir until flame flickers and about dies. Pour 4 cups strong coffee over flaming brandy. Stir and serve in demitasse cups or long-stemmed wine glass.

ICE CREAM PARFAIT PIE

1 pkg. lemon jello $1\frac{1}{2}$ c. drained frozen
 $1\frac{1}{2}$ c. hot water strawberries,
1 pt. ice cream 1 baked pie shell

Dissolve jello in hot water in saucepan. Add ice cream by spoonfuls, stirring until melted. Chill until thickened, but not set (15-20 minutes). Fold in drained, thawed strawberries and put into cooled baked pie shell. Chill until firm (20-25 minutes) Garnish.
You can use any flavor jello and ice cream (except chocolate). Good combinations are: lime-pineapple, orange-coconut, raspberry jello-raspberries.

Sandra Beyerart

-45-

Ruth Lowe

LEMON CAKE PUDDING

CHOCOLATE UPSIDE-DOWN CAKE

1 cup sugar $\frac{1}{3}$ cup lemon juice
 $\frac{1}{4}$ cup sifted flour $\frac{1}{2}$ cups scalded milk
2 Tbs. scalded oil 3 beaten egg yolks
dash salt 3 beaten egg whites
2 tsp. lemon peel

Combine sugar, flour, oil, and salt. Add lemon peel and juice. Stir milk into egg yolks and add to lemon mixture. Fold in egg whites. Pour into 8 custard cups or deep bowl. Set in shallow pan and pour hot water in pan to 1 inch. Bake at 325 for 40 minutes or until cake is brown. Serve warm or chilled. Top with walnut halves or whipped cream.

Mix: 1 cup sifted flour
 $\frac{3}{4}$ cup sugar
2 tsp. baking powder
 $\frac{1}{4}$ tsp. salt
2 large Tbs. cocoa
Add: $\frac{1}{2}$ cup milk
1 Tbs. salied oil
1 tsp. vanilla
Spread in pan 7x11, or 8x8.

Mix and spread on top of above mixture:
 $\frac{1}{2}$ cup white sugar
 $\frac{1}{2}$ cup brown sugar
2 level Tbs. cocoa
Pour 1 cup cold water over all. Bake 45 minutes at 350. Garnish with whipped cream, maraschino cherries, and finely chopped nuts.

Karen Feldt

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Lissa Farnham

LEMON ANGEL PIE

Beat 4 egg whites until foamy. Add $\frac{1}{2}$ tsp. cream of tartar and beat until whites peak. Add 1 cup granulated sugar gradually while continuing to beat stiff. Cover greased pie plate lightly with meringue. Press into shape of pie shell with a spoon. Bake at 275 for 1 hour. Cool.

While meringue is cooling, beat 4 egg yolks slightly. Add $\frac{1}{2}$ cup sugar, 3 Tbs. lemon juice, 1 Tbs. lemon rind and 1/8 tsp. salt. Cook in top of double boiler until thick enough to mound when dropped from spoon, about 8-10 minutes. Remove from fire and cool. Whip $\frac{1}{2}$ pt. whipping cream and fold into egg mixture. Fill meringue shell and refrigerate for at least 15 hours. Before serving, garnish with $\frac{1}{2}$ cup whipped cream.

GEELATINE RUM CREAM PIE

A 9" baked crumb crust or pie shell Beat until light 6 egg yolks. Beat in gradually 7/8 cup sugar. Soak 1 Tbs. gelatine in $\frac{1}{2}$ cup water. Place gelatine and water over low heat and stir until gelatine is dissolved. Pour this over the egg yolks in a slow stream, beating constantly. Cool the mixture. Stir in $\frac{1}{2}$ cup light rum.

Whip 1 pint whipping cream; when stiff fold into the egg mixture. Cool filling, but before it sets, pour it into the pie shell. When set, sprinkle the top with grated bitter sweet chocolate and finely shaved pistachio nuts.

Karen Feldt

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Mimi McLaughlin

YUM, YUM CAKE

2 oz. brown sugar 1 tsp. vanilla
3 oz. margarine 6 oz. self-raising
flour
2 egg yolks

Cream together sugar and margarine until light and fluffy. Add beaten egg yolks, flour and vanilla. Mix together by hand to a stiff paste. Place in a greased swiss roll tin and flatten. Beat 2 egg whites until stiff, gradually fold in 4 oz. Castor sugar, then 1 oz. chopped walnuts and 1 oz. chopped cherries. Spread this mixture evenly over base mixture and bake in a 350 oven for 20-30 minutes or until lightly browned.

LOVE CAKE (Ceylonese)

1/2 lb. semolina	1/2 wineglass rose-water
1 lb. fine sugar	1/2 wineglass honey
4 lb. butter	1/4 tsp. nutmeg
10 egg yolks	1/4 tsp. lemon rind
100 cashews	1/4 tsp. cinnamon

Put egg yolks into a bowl; add the sugar and beat together. Combine the semolina and butter; then add to the egg mixture. Beat until well blended; then add the nuts, finely chopped, the rosewater, honey, nutmeg, lemon rind, and cinnamon. Mix well. Pour the mixture into a flat cake tin lined with greased paper. Bake in a 350 oven until the top is nicely browned.

Lillian Riley

-50-

Ann Don Michael

NUTTY WONDER CAKE

8 oz. flour
1 1/2 level tsp. baking powder
6 oz. margarine
6 oz. Castor or fine sugar

3 eggs
2 Tbs. milk
3 oz. chopped walnuts

Sieve the flour and baking powder together. Cream the margarine and sugar until light and fluffy. Beat in the eggs, one at a time, adding a little of the sieved flour with every egg, after the first. Then fold in the remaining flour and baking powder. Finally fold in the milk and the chopped walnuts. Place the mixture in a 7" round cake tin, lined with paper and brushed with melted margarine. Bake the cake in a moderate oven (Gas #5) for 1 1/2-2 hours. Remove from oven and leave in the tin for 2-3 minutes, then turn out and cool on a wire rack.

COFFEE FUDGE ICING

3 oz. margarine
3 dessertspoons milk

3 dessertspoons coffee essence
12 oz. icing sugar, sieved

Place the margarine, milk, and coffee essence in a saucepan. Stir over low heat until the margarine has melted, but do not allow to boil. Cool a little, then pour over the sieved icing sugar and beat until smooth. Permit to cool thoroughly, and stir before using. Place the icing on top of the cake and quickly swirl over the top and sides with a knife. Decorate cake top with walnut halves.

Olive Prosper

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SUPER DELICIOUS CHOCOLATE CAKE

1/2 cup butter	2 cups flour	1 1/4 cup Wesson oil
1 cup brown sugar	2/3 cup cocoa	2 cups sugar
1 cup fine sugar	1 tsp. baking soda	4 eggs
2 eggs	1 cup boiling water	3 cups sifted flour
1/2 cup sour cream	1 tsp. red food color	2 tsp. baking powder

1/2 cup baking soda	1 1/2 tsp. baking soda
2 tsp. cinnamon	2 cups grated, raw
carrots	1/2 cup chopped nuts

Sift together dry ingredients. Cream butter and sugar, add eggs and sour cream. Add dry ingredients. Add 1 cup boiling water with the cocoa mixed in, and the food coloring. Pour into large pan and bake at 350 for 45 min.

Measure salad oil into large mixing bowl. Add sugar, beat until blended and creamy in color. Add eggs one at a time, beating well after each addition. Sift flour, baking powder, soda, and cinnamon. Add dry ingredients to oil mixture a little at a time, mixing well after each addition. Fold in carrots and nuts. Bake in a 10 inch tube pan for 1 hour in a 375 oven.

CARROT CAKE

Gori Jonish

Gori Jonish

MERINGUE CAKE WITH MOCHA CREAM FILLING

Whip 3 egg whites until stiff; sift and fold in 6 oz. Castor sugar. Cover two baking sheets with ~~grease~~proof paper and on each draw two seven-inch circles. Brush the paper sparingly with olive oil and spread the meringue mixture, about a quarter of an inch thick, on each circle. Bake in a very low oven 275 until crisp. Remove sheets from the oven and set aside to cool.

Cream 12 oz. butter. Whisk 2 egg whites with 8 oz. icing sugar over a saucepan of boiling water until they make a thick cream. Remove from the heat and continue beating until cool. Melt 4 oz. chocolate with 4 tsp. instant coffee powder and 2 dessertspoons water over a saucepan of boiling water; stir until smooth and cool. Into the creamed butter, beat first the meringue mixture, then the chocolate.

Starting with a base of one of the circles of meringue, make a sandwich cake with alternate layers of meringue and mocha cream. Finish with meringue and cover the whole cake with a thin layer of mocha.

Put the cake in the refrigerator to harden; then decorate with a little whipped cream and crumbled caramel, made by boiling together four dessertspoons of golden syrup and two of water to the hard crack stage. Then pour into a flat dish to cool.

Alternatively, decorate with walnuts or toasted almonds.

Amanda Bartlett

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SUPER DELICIOUS CHOCOLATE CAKE

1/2 cup butter	2 cups flour	1 1/4 cup Wesson oil	1 1/2 tsp. baking soda
1 cup brown sugar	2/3 cup cocoa	2 cups sugar	2 tsp. cinnamon
1 cup fine sugar	1 tsp. baking soda	4 eggs	2 cups grated, raw carrots
2 eggs	1 cup boiling water	3 cups sifted flour	
1/2 cup sour cream	1 tsp. red food color	2 tsp. baking powder	1/2 cup chopped nuts

Sift together dry ingredients. Cream butter and sugar, add eggs and sour cream. Add dry ingredients. Add 1 cup boiling water with the cocoa mixed in, and the food coloring. Pour into large pan and bake at 350 for 45 min.

CARROT CAKE

1/2 cup butter	2 cups flour	1 1/4 cup Wesson oil	1 1/2 tsp. baking soda
1 cup brown sugar	2/3 cup cocoa	2 cups sugar	2 tsp. cinnamon
1 cup fine sugar	1 tsp. baking soda	4 eggs	2 cups grated, raw carrots
2 eggs	1 cup boiling water	3 cups sifted flour	
1/2 cup sour cream	1 tsp. red food color	2 tsp. baking powder	1/2 cup chopped nuts

Measure salad oil into large mixing bowl. Add sugar, beat until blended and creamy in color. Add eggs one at a time, beating well after each addition. Sift flour, baking powder, soda, and cinnamon. Add dry ingredients to oil mixture a little at a time, mixing well after each addition. Fold in carrots and nuts. Bake in a 10 inch tube pan for 1 hour in a 375 oven.

Geri Jonish

Geri Jonish

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KOLACKY

1 1/2 oz. pkg. cream cheese
1/4 lb. butter
1 cup flour
1 cup apricot jam

Combine cream cheese, butter, and flour. Divide dough in half. Chill. Roll out $1\frac{1}{2}$ " thick. Cut with cookie cutters. Place $\frac{1}{4}$ - $\frac{1}{2}$ tsp. jam in center of each cookie. Makes 5 dozen.

CHINESE CHEWS

3/4 cup sifted flour
1 cup sugar
1 tsp. baking powder
1/4 tsp. salt
1 cup chopped dates
1 cup chopped walnuts
3 well-beaten eggs

Combine cream cheese, butter, and flour. Divide dough in half. Chill. Roll out $1\frac{1}{2}$ " thick. Cut with cookie cutters. Place $\frac{1}{4}$ - $\frac{1}{2}$ tsp. jam in center of each cookie. Makes 5 dozen.

Sift dry ingredients. Stir in dates, walnuts and eggs. Pour into greased and floured jelly-roll pan. Bake in 350 oven about 15 minutes. While warm, cut in bars. Cool; remove from pan and roll in sifted confectioner's sugar. Makes 5 dozen.

Mimi McLaughlin

Karen Foldt

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ANGEL DELIGHT

Bake 1 pkg. angel food cake mix according to package directions. Cool at least 4 hrs. Melt 3 pkg. semi-sweet chocolate (or 24 oz. bazaar chocolate cut into bits) in double boiler. Add 4 egg yolks, beaten. Add egg whites beaten with 1 Tbs. sugar. Break angel cake into walnut size pieces. In 15x11x2 pan alternate one layer of cake pieces, one layer of chocolate mixture, and a layer of nuts. Chill 3 hours.

Serves 20

MAZARIN CAKE (Swedish)

$\frac{1}{2}$ cup butter
 $\frac{1}{4}$ cup powdered sugar
1 egg yolk
1 cup flour

Work butter and sugar until white and fluffy. Add egg yolks and flour and stir until smooth. Leave dough in refrigerator one hour.

$\frac{1}{2}$ cup sugar
 $\frac{1}{3}$ cup butter
 $\frac{2}{3}$ cup blanched almonds, ground
2 eggs

Work sugar and butter until smooth. Add almonds, eggs and mix until well blended. Roll out dough; line well-buttered pie tin and spread filling evenly. Bake in 300 oven for 30 minutes. Cool in tin. Sprinkle with powdered sugar or cover with $\frac{1}{2}$ cup powdered sugar mixed with 1 Tbs. water.

Audrey Peterson

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Amanda Bartlett

OATMEAL CRUNCH COOKIES

1 c. shortening	1 3/4 c. flour	3/4 c. sifted flour
1 c. brown sugar	1 tsp. salt	1 c. brown sugar 1 tsp. baking powder
1 c. white sugar	1 tsp. soda	1 egg $\frac{1}{2}$ tsp. vanilla
2 beaten eggs	3 c. oatmeal	$\frac{1}{2}$ c. chopped nuts
1 tsp. vanilla	1 c. chopped nuts	
	$\frac{1}{4}$ c. coconut	

Cream shortening with sugars. Add eggs and vanilla. Add dry ingredients, sifted together; then oatmeal, nuts, and coconut. Form into three rolls and chill several hours. Slice and bake at 375 for 8-10 minutes.

Patsey Johnson

BUTTERSCOTCH BROWNIES

1/4 c. butter	3/4 c. sifted flour
1 c. brown sugar	1 c. brown sugar 1 tsp. baking powder
1 egg	1/2 tsp. vanilla
1/2 tsp. salt	$\frac{1}{2}$ c. chopped nuts

Heat oven to 350. Melt butter over low heat; remove from heat. Blend in sugar, then egg. Sift together the flour, baking powder, salt and stir into butter mixture. Add vanilla and nuts. Spread in well-greased and floured square pan 8x8x2". Bake 20 to 25 minutes. Cut into 16 squares while still warm.

Louise Schwarz

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LEMON BARS

Work together: $\frac{1}{2}$ cup butter or margarine
1 cup flour
 $\frac{1}{4}$ cup powdered sugar
Pat with floured hands into a 9 inch square pan. Bake 15 minutes at 350; watch that it does not brown. Partially cool. Spread with:
2 eggs
2 Tbs. lemon juice
grated rind of 1 lemon
1 cup sugar
2 Tbs. flour
 $\frac{1}{2}$ tsp. baking powder
Bake about 20 minutes in 350 oven or until mixture forms a little crust on top. Cut bars while still warm.

JUMBO RAISIN COOKIES

1 cup water	1 cup chopped nuts
2 cups seeded raisins	4 cups flour
1 cup shortening	1 tsp. bak. powder
2 cups sugar	1 tsp. soda
3 eggs, wellbeaten	2 tsp. salt
1 tsp. vanilla	1 tsp. cinnamon

Add water to raisins and boil 5 minutes. Let cool. Mix shortening and sugar; add eggs, vanilla, raisins, and nuts. Sift together remaining ingredients and add to the above mixture; stir well. Drop onto greased cookie sheet. Bake 10 minutes at 375. Makes 8 dozen

Anne Jones

Anne Jones

EASTER BISCUITS

8 oz. flour
4 oz. butter
4 oz. Castor sugar
 $\frac{1}{2}$ tsp. baking powder
little grated lemon rind
1 egg
2 oz. currants
1 oz. chopped peel
 $\frac{1}{4}$ tsp. mixed spice
Rub the butter into the flour, add the sugar, lemon rind, baking powder, currants, mixed peel and spice.

Moisten with the beaten egg. Roll out $\frac{1}{4}$ " thick and cut into biscuits with a round fluted cutter. Place on a greased baking sheet and bake for 20 mins on Regulo #4. Sprinkle with Castor sugar as soon as removed from the oven.

Makes 40

Betty Hallam

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DATE PINWHEEL COOKIES

Karen Foldt
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup white sugar
 $\frac{1}{2}$ tsp. soda
1 egg
1 recipe date filling: In saucepan combine 1 lb. cut up pitted dates, $\frac{1}{2}$ cup sugar, and $\frac{1}{2}$ cup water. Cook and stir until mixture boils and thickens slightly. Cool. Just before using add $\frac{1}{2}$ cup chopped nuts.

Cream sugars and butter thoroughly. Add egg, vanilla and beat well. Sift dry ingredients together and stir into creamed mixture. Chill. Divide dough in half. On a lightly floured surface, roll one part into a 12x8 rectangle, about $\frac{1}{4}$ " thick. Spread with $\frac{1}{2}$ of date filling. Roll from long end like jelly-roll. Repeat with remaining dough. Wrap rolls in waxed paper and chill several hours. Slice $\frac{1}{4}$ " thick. Bake on greased cookie sheet at 400 about 8 minutes. Makes 5 dozen

Makes 5 dozen

COLUMBIA DROP COOKIES

Blend 3/4 c. brown sugar and $\frac{1}{2}$ cup soft butter until they are light and creamy. Beat in one at a time 2 eggs. Sift before measuring 1 1/2 c. flour. Resift with $\frac{1}{2}$ tsp. soda, 1 tsp. cinnamon, $\frac{1}{2}$ tsp. cloves, $\frac{1}{4}$ tsp. allspice, and 1/8 tsp. salt. Add the sifted ingredients in 3 parts to the butter mixture, alternating with thirds of $\frac{1}{4}$ c. water. Beat the batter until it is smooth after each addition. Stir in 1 cup broken nut meats and 1 cup raisins or chopped dates. Drop the batter from a teaspoon onto a greased tin. Bake the cookies in a 375 oven for about 12 minutes.

FROSTED PEPPERMINT BROWNIES

2 beaten eggs
1 c. sugar
 $\frac{1}{2}$ c. melted butter
 $\frac{1}{2}$ tsp. peppermint
 $\frac{1}{2}$ c. flour
 $\frac{1}{2}$ cup walnuts
2 sq. chocolate or
5 Tbs. cocoa and
2 Tbs. butter
Grease eggs and sugar. Blend in melted butter and chocolate. Add peppermint. Beat well. Add flour and nuts. Beat well. Pour into 8x8 pan. Bake about 17 minutes at 350. Cool. Then frost with 1 cup powdered or icing sugar, 1-2 Tbs. milk, and $\frac{1}{4}$ tsp. peppermint, mixed together. Then pour over $2\frac{1}{2}$ Tbs. cocoa melted with 2 Tbs. butter. Place brownies in refrigerator and serve chilled.

CHOCOLATE DELIGHT

2 cups crushed vanilla wafer crumbs	1 cup heavy cream (1 pkg. Dream Whip)
1/3 cup melted butter	1 cup chopped walnuts

1/2 cup butter	1 fully ripe banana, mashed
1 1/2 cup sifted powdered sugar	1/4 cup sliced maraschino cherries
2 eggs	
1/4 cup Castor sugar	
2 Tbs. cocoa	

Mix together crumbs and melted butter; reserve 1/3 of mixture for top. Press remainder in bottom of 8 or 9" sq. pan. Cream together $\frac{1}{2}$ cup butter and powdered sugar. Add eggs, one at a time, beating well after each. Spread over crumbs. Combine sugar, cocoa, and cream; whip. Fold in nuts and fruits; pile atop mixture in pan. Sprinkle reserved crumbs over top. Chill 24 hours or freeze. Cut in squares when ready to serve. Serves 10 to 12.

(May be eaten either chilled or frozen. Will keep in deep freeze for months.)
(In summer in Abaden when bananas are not available, you may substitute 1 tsp. peppermint flavoring for the banana. It makes a good dessert that way.)

Audrey Peterson

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MARSHMALLONS

1 envelope Knox gelatin	2 cups Nespray powder
1/3 cup cold water	1 6 oz. can cream
1/2 cup sugar	1 cup sugar
2/3 cup light corn syrup	2 1/2 cups water
1 tsp. vanilla	1 tsp. flavoring

Soften gelatin in cold water in top of double boiler. Place over boiling water and stir until gelatin is dissolved. Add sugar and stir until dissolved. Remove from heat. Pour corn syrup into large bowl. Add vanilla and the gelatin mixture. Beat on highest speed of electric mixer until thick (about 15 minutes). Cover bottom of 10x7x1 1/2 pan with 6 Tbs. powdered or icing sugar and 6 Tbs. cornstarch sifted together. Pour gelatin and corn syrup mixture on top. Allow to stand several hours. Cut marshmallows with knife moistened in cold water. If you wish, roll marshmallows in additional sugar and cornstarch sifted together.

Muriel Gerber

ICE CREAM

2 cups Nespray powder	2 cups Nespray powder
1 6 oz. can cream	1 6 oz. can cream
1 cup sugar	1 cup sugar
2 1/2 cups water	2 1/2 cups water
1 tsp. flavoring	1 tsp. flavoring

Mix these ingredients well (60 seconds in blender or about 10 minutes with egg beater). Place mixture in uncovered ice trays in freezer, for $\frac{3}{4}$ hours. Remove mixture and let stand at room temperature for 5-10 minutes. Beat or blend until smooth, non-icy consistency. Return to freezer in covered containers. Abdul Emam (Wallace's cook)

TAHITIAN ICE CREAM

Place 1 scoop of vanilla ice cream in dish. Slice $\frac{1}{2}$ banana over ice cream. Sprinkle with coconut. Pour $\frac{3}{4}$ cup apricot preserves and $\frac{1}{4}$ cup light rum into saucepan and heat gently. Heap some heated sauce over ice cream.

Funice Miller

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TARTE VIENNOISE

- 2 cups sifted flour
- 1 cup fine sugar (Castor)
- 1 cup soft butter
- 1 cup ground blanched almonds

Grease butter and sugar; add flour and almonds and mix well. Press dough flat on 15 x 12 cookie sheet. Bake about 25 mins. at 350. Immediately cut into 3 or 4 equal size pieces and remove from cookie sheet; cool. Next cook 1 pkg. of Royal vanilla pudding and pie filling according to box directions, but reduce amount of milk by 4 Tbs. Cool to room temperature and stir in 4 Tbs. local dark rum.

Alternate tarte layers and filling, ending with a tarte layer on top. Cover tightly in aluminum foil and chill 24 hours. Slice, lay flat, and cover with whipped cream.

Audrey Peterson

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CHEESE PIE

Line a 9inch spring form pan with graham cracker crust. Chill the crust well. Mix well, then pour into the shell:

- 2 well beaten eggs
- 12 oz. cream cheese
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ tsp. vanilla. Bake the pie for 15-20 minutes in a 350 oven. Remove the cake from the oven and reduce oven heat to 200.

Stir 1 Tbs. sugar, $\frac{1}{4}$ tsp. vanilla into $\frac{1}{2}$ pint sour cream and spread over cheese pie. Return to oven for 5 minutes. Permit it to cool, then chill thoroughly until ready to serve.

Funice Miller

BLUEBERRY DESSERT

- 16 graham crackers
- $\frac{1}{3}$ cup butter or margarine
- 1 cup sugar
- 1 8oz. pkg. cream cheese
- 2 eggs
- 1 can blueberry or cherry pie filling

Heat oven to 350 and get out an 8 inch square baking pan. Cruch cracker and mix crumbs with melted butter and $\frac{1}{2}$ cup sugar. Pat firmly into bottom of pan. Work cheese and $\frac{1}{2}$ cup sugar until soft and smooth. Add eggs one at a time, beating hard after each addition. Pour over crumbs and bake 25 to 30 minutes. Cool. Spoon blueberry or cherry filling over top. Chill overnight. Cut into squares before serving.

PINEAPPLE BRIDGE DESSERT

- $1\frac{1}{2}$ cup crushed vanilla wafers
- $\frac{1}{3}$ cup melted butter
- 1 No. 2 can crushed pineapple ($2\frac{1}{2}$ cups)
- 1 pkg. Royal lemon gelatin
- $\frac{1}{3}$ cup butter
- $\frac{1}{2}$ cup fine sugar (Castor)
- $\frac{1}{2}$ egg yolks
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{2}$ egg whites
- $\frac{1}{4}$ cup fine sugar

Combine crumbs and melted butter. Line bottom of a buttered 9x9x2 pan with 1 cup of the crumb mixture. Drain pineapples, reserving syrup. Heat syrup to boiling; remove from heat. Add gelatin; stir to dissolve. Cool to room temperature. Cream $1\frac{1}{3}$ c. butter and $\frac{1}{2}$ c. sugar. Add egg yolks; beat well. Stir ingelatin, pineapples, and nuts. Beat egg whites till soft peaks form; gradually add $\frac{1}{4}$ c sugar, beating until stiff peaks form. Fold into gelatin. Pour into pan; top with crumbs. Chill until firm. Cut into 9 squares.

Evelyn Tuck

-61-

Audrey Peterson

PEANUT BUTTER FUDGE

1 pkg. icing or powdered sugar
3/4 cup evaporated milk
Cook sugar and milk, stirring constantly, until soft ball stage is reached (about 20 minutes). Remove from heat and add 1 jar peanut butter and 1 cup broken walnuts. Mix and spread in an 8x8 greased pan.

3 cups white sugar
 $\frac{1}{2}$ cup white corn syrup
 $\frac{2}{3}$ cup water
 $\frac{1}{4}$ tsp. salt
2 egg whites
1 cup chopped nuts
1 tsp. vanilla

Boil sugar, syrup, water and salt until it forms a hard ball when tried in cold water. When syrup starts to boil, start beating egg whites. By the time you are finished, syrup should test out. Pour syrup over egg whites a little at a time. Be sure mixer is on top speed. When mixture becomes stiff, add vanilla and nuts, continue to beat until candy will hold shape. Drop by spoon on buttered surface.

Lenore Blessinger

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DIVINITY

3 cups white sugar
 $\frac{1}{2}$ cup white corn syrup
 $\frac{2}{3}$ cup water
 $\frac{1}{4}$ tsp. salt
2 egg whites
1 cup chopped nuts
1 tsp. vanilla

Boil sugar, syrup, water and salt until it forms a hard ball when tried in cold water. When syrup starts to boil, start beating egg whites. By the time you are finished, syrup should test out. Pour syrup over egg whites a little at a time. Be sure mixer is on top speed. When mixture becomes stiff, add vanilla and nuts, continue to beat until candy will hold shape. Drop by spoon on buttered surface.

Dorothy Owens

PEPPERMINT CREAMS

1 lb. icing sugar
1 dessertspoon milk
1 tsp. peppermint essence
white of 1 large egg (or 2 small)

Sift the icing sugar. Then mix with the cream, peppermint essence and enough whipped egg white to form a stiff paste. Turn onto a board dusted with icing sugar. Knead for 5 minutes. Then leave covered for 1 hour. Roll out to $1/3$ inch thickness and cut with a round sweet cutter. Leave to dry on sugared tins in a warm place for 6 hours.

EASTER EGGS

2 lbs. icing sugar
4 Tbs. soft butter
1 tsp. vanilla
1 tsp. cream of tartar
2 unbeaten egg whites
2 Tbs. light corn syrup
 $\frac{1}{4}$ cup cold water
 $\frac{3}{2}$ cups cocoa

Combine all ingredients and form into large, small and medium eggs. Place in refrigerator on waxed paper.

Meanwhile make icing using one Nestle milk chocolate bar and 2 squares Bakers chocolate, melted over low heat.

Coat eggs with chocolate icing. Put in refrigerator to dry. Wrap in aluminum foil to keep fresh.

If desired, chopped nuts, peel, or cherries can be substituted for some of the cocoa.

Audrey White

-63-

Lenore Blessinger

CARMEL APPLES

6 medium sized red apples
1 cup sugar
3/4 cup dark corn syrup
1 cup light cream
2Tbs. butter
1 tsp. vanilla

Stick wooden skewers into stem end of apples. Combine sugar, corn syrup, cream and butter. Cook over low heat until sugar dissolves. Cook to very hard ball stage 254-260 without stirring. Remove from heat; add vanilla. Dip apples into syrup. Work fast. Roll in coarsely chopped nuts. Place upright on cookie sheet to cool.

CHOICE KARO CARAMELS

2 cups fine sugar
2 cups canned milk
1 cup finely chopped nut meats
1 3/4 cup white corn syrup
1 cup butter or margarine
1 tsp. vanilla

Cook sugar, corn syrup and $\frac{1}{2}$ the milk and butter in a deep sauce pan. When in a rolling boil, add second cup of milk, gradually so as not to stop the boiling. Cook slowly to avoid sticking to the pan. Boil until mixture forms hard ball when tried in cold water. Add nuts and vanilla and turn into a well-buttered tin. When cold, cut into squares and wrap in wax paper. (The cooking process usually requires nearly an hour.)

Ruth Lowe

Dorothy Owens

WEIGHT TO VOLUME CONVERSIONS

Baking powder	1 ounce	• equals $3\frac{1}{2}$ Tablespoons
Butter and solid fats	1 pound	2 cups
	1 ounce	2 Tablespoons
	100 grams	7 Tablespoons
Cheese, grated	$\frac{1}{4}$ pound	1 cup
Flour	1 pound	4 cups, sifted
	1 ounce	4 Tablespoons, sifted
	100 grams	11 Tablespoons, sifted
Nuts, ground	$\frac{1}{4}$ pound	1 cup
Oil or Ghee	$7\frac{1}{2}$ ounces	1 cup
Rice, uncooked	100 grams	Approximately $\frac{1}{2}$ cup
Sugar, brown	1 pound	2 $\frac{1}{3}$ cups
	100 grams	2 $\frac{1}{4}$ cups, packed
Sugar, powdered or icing	1 pound	$3\frac{1}{2}$ cups, sifted
	100 grams	2 cups
Nuts, ground	$\frac{1}{4}$ pound	7 Tablespoons
Water	1 pound	2 cups

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TABLE OF EQUIVALENTS

1 ounce	•	• equals •	• 28.5 grams
1 pound	•	•	• 16 ounces or 454 grams
100 grams	•	•	• 3.5 ounces
1 kilogram	•	•	• 1000 grams or 35 ounces
1 teaspoon	•	•	• 1/6 fluid ounce or 4.9 cc
1 Tablespoon	•	•	• 3 teaspoons or $\frac{1}{2}$ fl. oz. or 14.8 cc
4 Tablespoons	•	•	• $\frac{1}{4}$ cup or 2 fl. oz. or 59 cc
1 cup	•	•	• $\frac{1}{2}$ pint or 8 fl. oz. or 237 cc
1 quart	•	•	• 2 pints or 32 fl. oz. or 950 cc
1 liter	•	•	• 1000 cc or $4\frac{1}{4}$ cups or $3\frac{1}{4}$ fl. oz.
1 deciliter	•	•	• 100 cc or $3\frac{1}{2}$ fl. oz. or 7 Tbs.